STEP IT UP Activity Log

How to use: Record your daily activity below and calculate monthly totals
Steps: log your steps walked each day
Other: convert other activity to steps
Note: every 1 minute of moderate activity = 100 steps and
Every 1 minute of vigorous activity = 200 steps
Total steps: add daily steps and steps from other activities to get your daily total
TOTAL: at the end of each week calculate your totals and overall total for the week!

Other:

<u>Moderate</u> e.g. mowing the lawn, brisk walking, digging in the garden, medium paced swimming and cycling. <u>Vigorous</u> e.g. jogging, fast cycling, shovelling snow, aerobics and active sports such as football, squash and basketball.

STEP IT UP Activity Log

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
Week 1 June 1-7	Steps								
	Other								
	Total Steps								
Week 2 June 8-14	Steps								
	Other								
	Total Steps								
Week 3 June 15-21	Steps								
	Other								
	Total Steps								
Week 4 June 22-28	Steps								
	Other								
	Total Steps								
Week 5 June 29 – July 5	Steps								
	Other								
	Total Steps								
Week 6 July 6-12	Steps								
	Other								
	Total Steps								
Week 7 July 13-19	Steps								
	Other								
	Total Steps								
Week 8 July 20 - 26	Steps								
	Other								
	Total Steps								
Week 9 July 27-Aug 2	Steps			1					
	Other								
	Total Steps								
Week 10 Aug 3-9	Steps			1					
	Other								
	Total Steps			1					